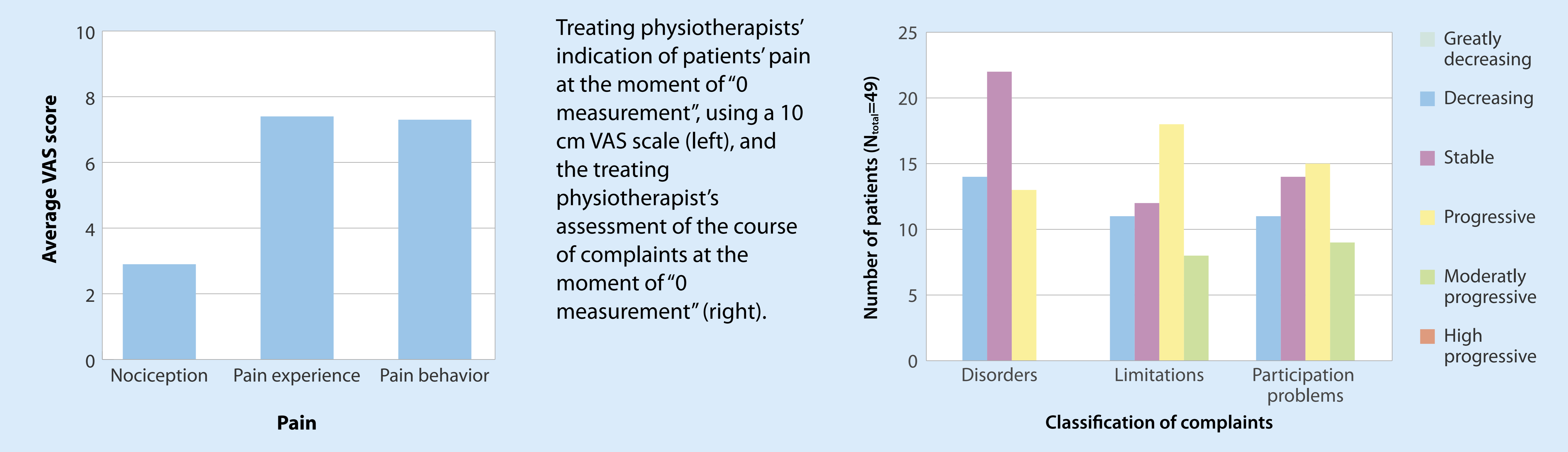


Influence of InfraCare on the physical capacity of fibromyalgia patients during a Graded Activity exercise program

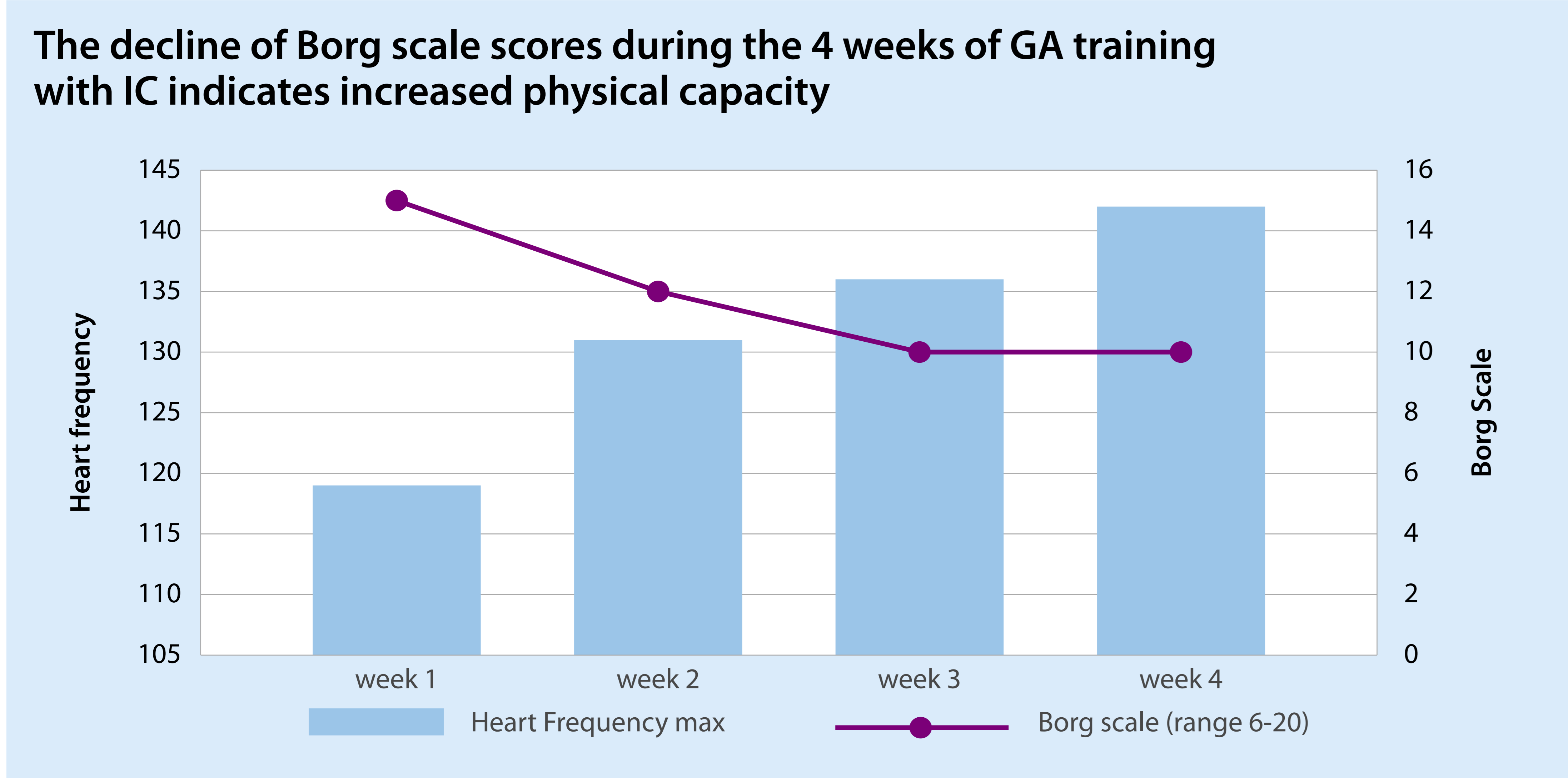
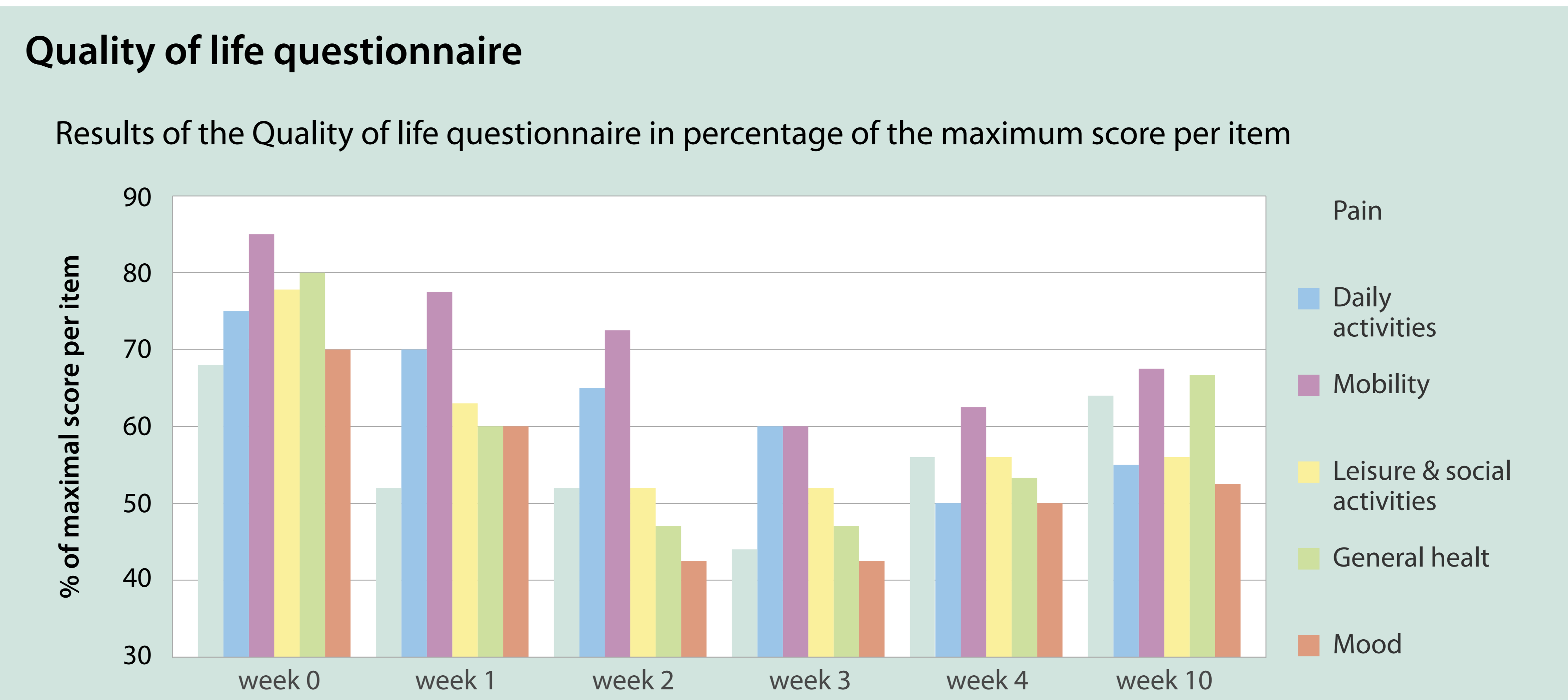
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Introduction

- Hypothesis:** 20 minutes of InfraCare treatment (twice a week) increases the physical capacity of patients with fibromyalgia during a graded activity program.
- Primary goal:** study of the effect of infrared light prior to the graded activity training on the quality of life.
- Secondary goal:** explore the feasibility of a simple multi-centre study in physiotherapy practices.
- Methods:** All the patients participated in the graded activity program during at least 4 weeks before the intervention with InfraCare was introduced and "0 measurement" was done. In course of the following 4 weeks the graded activity training program was continued preceded by 20 minutes infrared exposure. The load of the training was increased in each exercise session. Maximal heart frequency and Borg scale measurements were taken each week. The Quality of life questionnaire was filled in weekly at the start, during the therapy, and 6 weeks after the last training session.



Number of patients:	49
Number of practices participating:	9
Gender ratio:	43 women and 6 men (88% : 12%)
Age:	Range 29-67; average age 39 (SD =4.7)
Time between start of complaints and study:	Range 3 - 13 years; average 7 years (SD/ =4.2)



Absolute scores. All scores for weeks 1-10 are significantly lower than the week 0 score with significances p<0.001 (2 tailed paired t-test).

Quality of life questionnaire item (range)	Week 0 Score (SD)	Week 1 Score (SD)	Week 2 Score (SD)	Week 3 Score (SD)	Week 4 Score (SD)	Week 10 Score (SD)
Pain (5-25)	17 (5)	13 (5)	13 (5)	11 (4)	14 (5)	16 (5)
Normal daily activities (4-20)	15 (3)	14 (4)	13 (5)	12 (4)	10 (3)	11 (3)
Work in and around house (5-25)	19 (4)	16 (4)	13 (4)	13 (3)	14 (5)	15 (4)
Mobility (8-40)	34 (3)	31 (3)	29 (3)	24 (3)	25 (4)	27 (3)
Leisure and social activities (7-26)	21 (4)	17 (4)	14 (4)	14 (3)	15 (2)	15 (4)
General health (4-15)	12 (4)	9 (2)	7 (2)	7 (2)	8 (2)	10 (3)
Mood (8-40)	28 (3)	24 (3)	17 (5)	17 (5)	20 (4)	21 (4)

Conclusions

- Graded activity training had led to a predominantly stable phase of the course of complaints within the study population prior to the start of the combination therapy with Infrared exposure and the graded activity training. Relatively high VAS scores for pain experience and pain behaviour are typical signs of chronic pain syndrome.
- During the 4 weeks of the combined InfraCare treatment and the graded activity training, the hypothesis of significantly increased physical capacity of the patients was confirmed by the decrease of the Borg scale scores, and simultaneous increase of the maximum heart frequency.
- The weekly scores of the quality of life questionnaire showed significant improvement on all items during the 4 weeks of combination therapy compared to the week 0 measurement.
- 6 weeks after the last treatment (week 10) the quality of life scores were higher than at the end of the treatment program, but still significantly lower than at the week 0.